

16/07/2026

Understanding Depression

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



How can our mental well-being affect our ability to 'thrive'?

Write down, date, title and answer this Q in your book. Be ready to share after the register.

Thrive

/ THrīv /

verb

1. to grow vigorously : FLOURISH
2. to progress toward or realize a goal despite of or because of life's circumstances



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Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Adolescence, Puberty, Hormones, Resilience, 5 Ways to well-being, Mental health, Depression



Explain how you could apply ideas you have learned about retaining good mental health to your own life



Describe possible ways for us to retain good mental health and how we can recognise depression

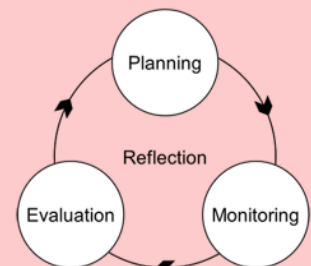


Correctly identify mental health illnesses and their symptoms

Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



Write down the key terms below. Match the key term to the definition.

A

Anxiety

B

Stress

C

Social anxiety

1

a state of worry or mental tension caused by a difficult situation

2

Worry and fear of social situations

3

Persistent low mood, feelings of hopelessness

Depression

4

a feeling of unease, such as worry or fear, that can be mild or severe

Further Challenge:

What is the term the decoy definition is for?



Depression: Persistent low mood, a loss of motivation or feelings of hopelessness.

The word depression is sometimes misleading because **some people don't feel sad with it.**

Some say they can have a laugh, get on with things, but **there's just something missing.**

What does depression feel like?

Some **feel quite withdrawn** and don't want to socialise with people.

What else could you add to these? Use the next video to help develop this...

Depression feels like ...



Instructions:

Add more ideas to your mind map from this video.

Depression: Persistent low mood, low motivation, feeling hopeless.

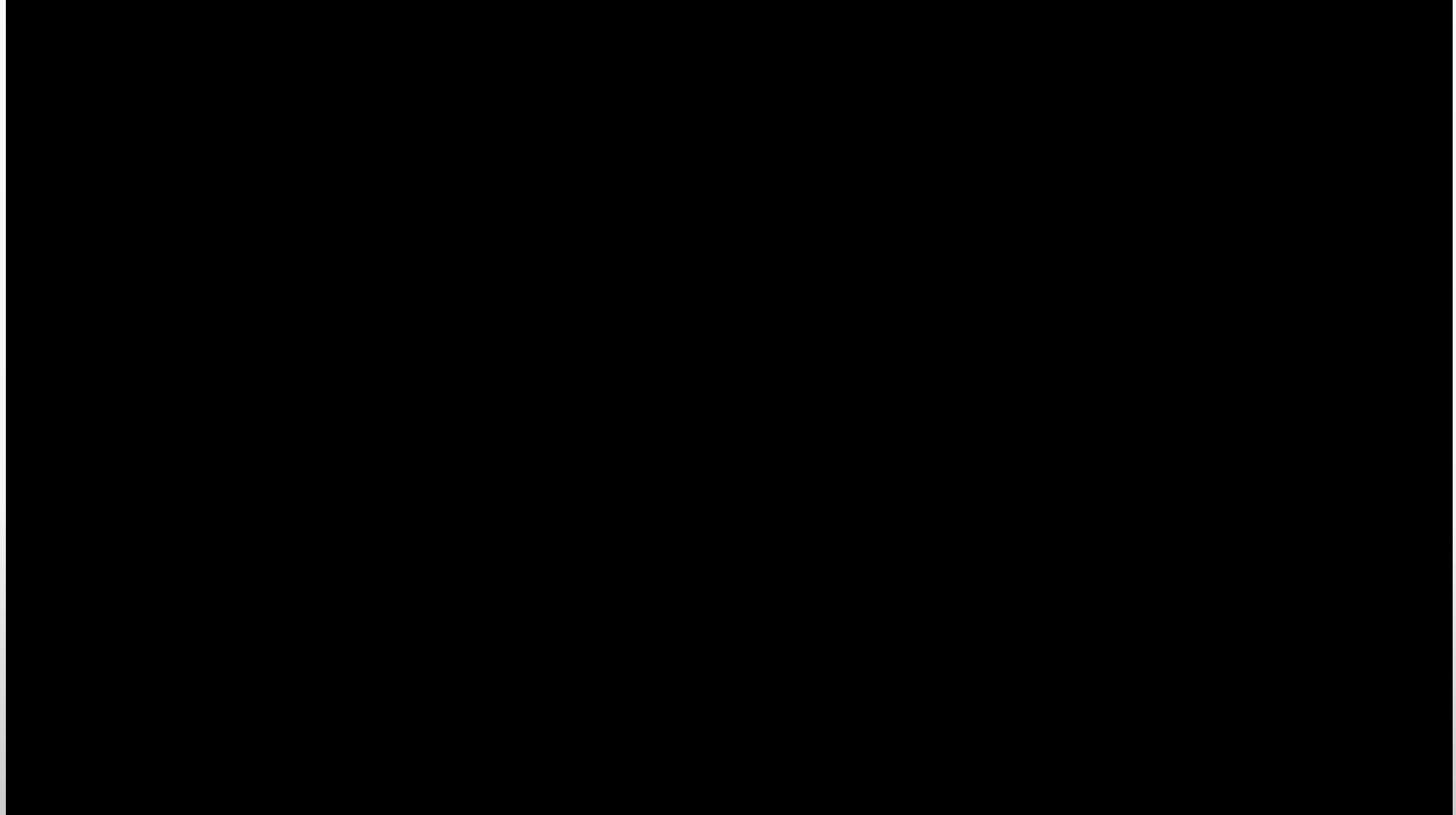
There is no way to prevent someone from becoming depressed.



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

5 Ways to well-being:



Instructions:

Write 1-5 in the margin and note them down

Ways to help keep good mental health	Drawing or description of what this might look like	How I could apply this to my life
Diet and exercise		
Enhancing self esteem (pride in who you are and what you are able to achieve)		One way I could enhance my self-esteem is by joining a club where I can build up a skill, working on something I can be proud of and get better at over time, e.g. cooking.
Having balance in your life (not just spending all your time on one thing, e.g. social media)		
Developing emotional resilience (not letting set-backs keep you from trying, having the ability to get over failures)		
Asking for help when you need it		

Instructions:

Create your own plan to retain good mental health on your handout. Be prepared to feedback to the class.

Depression: Persistent low mood, low motivation, feeling hopeless.

There is no way to help someone who suffers with depression?.



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

Write the subtitle:

Ways to help someone suffering with depression.

Then record down at least three ideas from this video.



Instructions: Write full-sentence notes in response to the questions above.

Mental health – like physical health, a measure of how well a person is, just in their mind instead of their body.

Depression – feeling of low mood for a period of time, leading to hopelessness and loss of pleasure in life



Explain how you could apply ideas you have learned about retaining good mental health to your own life



Describe possible ways for us to retain good mental health and how we can recognise depression



Correctly identify mental health illnesses and their symptoms

Instructions:

1. Answer the most challenging progress question possible in your book.
2. Evaluate your thinking in today's lesson and how well you think you've answered your progress question.
3. Make final improvements in green pen.

Metacognition phases

